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**Introduced by Senator Ortiz**

February 18, 2005

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An act to add Section 12693.265 to the Insurance Code, and to add Section 14005.41 to the Welfare and Institutions Code, relating to nutrition.

## LEGISLATIVE COUNSEL'S DIGEST

SB 454, as introduced, Ortiz. Health counseling.

Existing law provides for the creation of various programs to provide health care services to persons who have limited incomes and meet various eligibility requirements. These programs include the Healthy Families Program, administered by the Managed Risk Medical Insurance Board, and the Medi-Cal program, administered by the State Department of Health Services.

This bill would require the board to adopt policies to establish standards for participating health plans to provide health counseling courses that promote nutrition education, increased physical activity, and participation in federal nutrition programs and would require the department to implement a program to provide to Medi-Cal beneficiaries counseling courses that promote nutrition education, increased physical activity, and participation in federal nutrition programs.

Vote: majority. Appropriation: no. Fiscal committee: yes.  
State-mandated local program: no.

*The people of the State of California do enact as follows:*

- 1 SECTION 1. (a) The Legislature finds and declares all of the
- 2 following:
- 3 (1) Latinos make up to 32 percent of California's population.

(2) Forty-three percent of adults are classified as overweight, and 25 percent are obese.

(3) Being overweight contributes to heart disease, cancer, stroke, and type II diabetes, which are among the top five causes of death among Latinos in California.

(4) Research shows that good nutrition, including eating five or more servings of fruits and vegetables can help reduce the risk of serious health problems and chronic diseases, including heart disease, hypertension, stroke, type II diabetes, obesity, and certain types of cancer.

(5) Low-income families have limited access to preventative health counseling courses under current state-sponsored managed care plans.

(b) It is therefore the intent of the Legislature to enact legislation to promote healthy eating and education about the benefits of eating the daily recommended number of fruits and vegetables and daily physical activity required for a healthy lifestyle.

SEC. 2. Section 12693.265 is added to the Insurance Code, to read:

12693.265. The board shall adopt policies to establish standards for participating health plans to provide health counseling courses that promote nutrition education, increased physical activity, and participation in federal nutrition programs.

SEC. 3. Section 14005.41 is added to the Welfare and Institutions Code, to read:

14005.41. The department shall adopt policies, standards, and procedures for, and implement, a program to provide to Medi-Cal beneficiaries counseling courses that promote nutrition education, increased physical activity, and participation in federal nutrition programs.